

CAPS

Student-created activities and lessons focusing on Alcohol, Tobacco, and Other
Drugs

Presented by:

Jeffco's Student Health Advisory Council (SHAC)

Background

In 2013, Jeffco high school students were asked what information, pertaining to health, they wanted to know more about. The students overwhelmingly selected topics surrounding alcohol, tobacco, and other drugs, as a major concern. In response, SHAC developed four activities and lessons to complement the SHAC created PSA video "Just Say Know".

The video and activities can be used as stand-alone lessons, or in sequential form. However, we suggest watching "Just Say Know" before moving to the activities. Below is a brief overview of each activity and the resources needed.

Just Say Know

This 10-minute video asks experts to separate facts from myths when it comes to information about marijuana. Use this video as an introduction to the topic of alcohol, tobacco, and other drugs, and as an open discussion about student perception of marijuana.

Connecting

This activity focuses on the importance of communication and advocacy. Students will be given role cards and must assume the role of their character. The characters include: principal, teachers, students, family, or community members, etc. Each character has been affected by drugs or alcohol in some way and must seek help or help another character.

Included: lesson plan and role cards

Additional Resources needed: none

Asking for Explanations

This activity is to help students choose a future goal and reflect on the steps needed to reach their goals. Students will create a poster with the steps needed to obtain their goal, and consequences or rewards for choices made along the way.

Included: lesson plan and fact sheets

Additional Resources needed: Poster board (optional) and art supplies

Participate by Knowing the Positives and Negatives

This activity focuses on advertisement of alcohol and drugs and how it can affect individuals. Students will examine ads as a class and use similar techniques to convey healthy choices advertisement messages.

Included: lesson plan and advertisement pictures

Additional Resources needed: art supplies

Speaking Up

Teenagers have many roles in their lives and must identify differently within each one. This activity aims at heightening a student's self-advocacy and communication skills. Students will be divided into groups and asked to help convey messages about the effects of drugs, alcohol, and tobacco on different groups of society; including friends, family, and the community.

Included: lesson plan and fact sheets

Additional Resources needed: poster board (optional) and art supplies